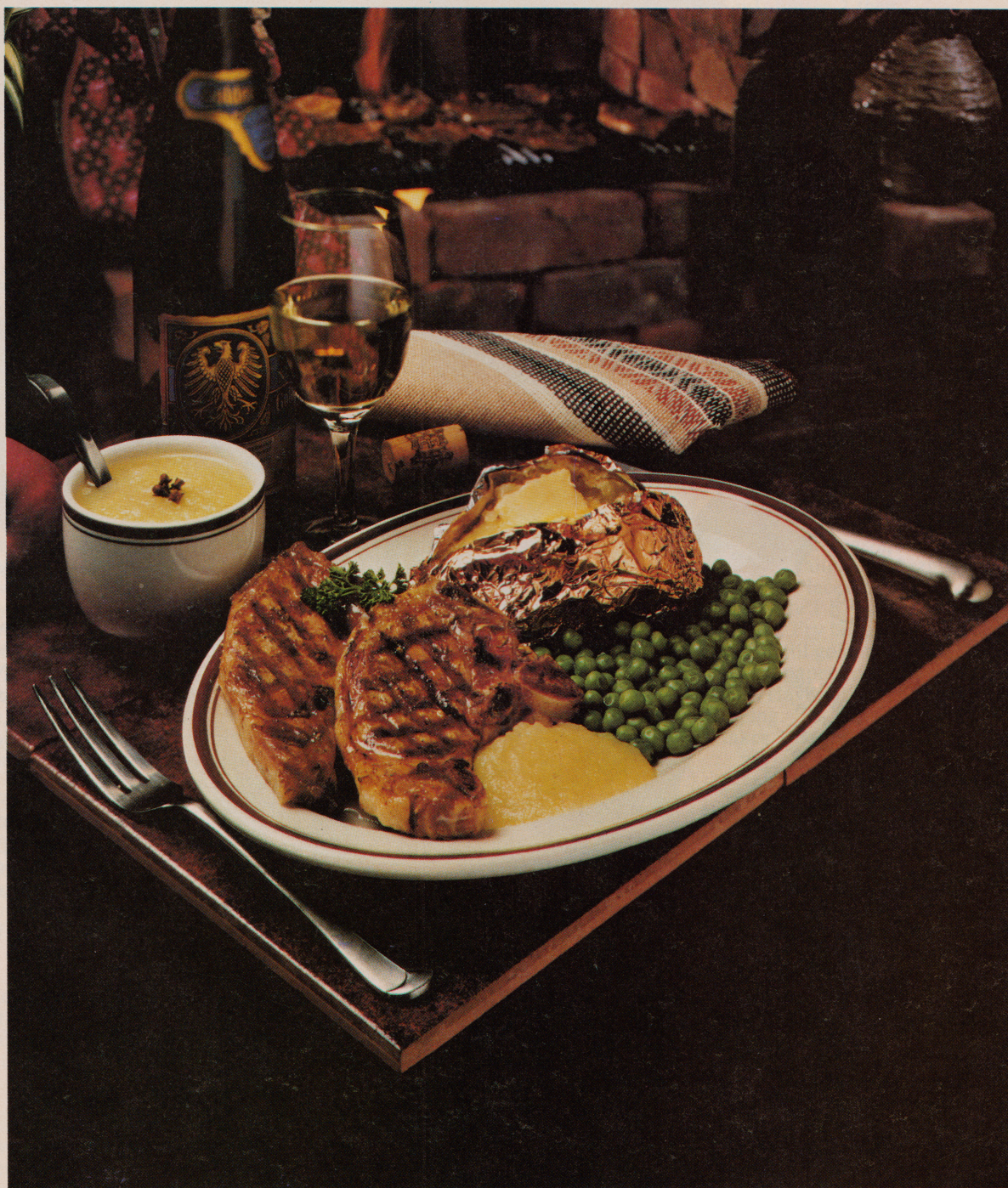


PORK

Today's fresh Maritime pork has come a long way from the pork first introduced into Canada by the settlers at Port Royal.

Tender, flavorful, nourishing, and now



A SUPPLEMENT TO ATLANTIC INSIGHT, MARCH 1985

FIRST FOR PORK

Legend tells us that the pleasure of roast pork was first discovered in the smoking ruins of a prehistoric barn fire. From tragedy came a discovery which changed the world's taste for food. Without pork we'd have no sizzling breakfast bacon, no savoury smoked ham sandwiches, no succulent braised pork hocks, no tangy barbecued spare ribs...

But cheer up! We do have pork. Delicious, economical, 100% government-inspected, Canadian-grown pork, at Save-Easy.

Next shopping trip, put pork chops on your grocery list, and try Save-Easy's recipe for **Island Pork w/ Apple Rings**

4 lean, meaty loin pork chops (1" thick)
1 apple, cored and cut in 1/4" rings
1 bay leaf
salt, pepper, paprika
3/4 cup of table cream

Heat a large, greased frying pan and sear chops to brown lightly on all sides. Season with salt and pepper.
Place a small piece of bay leaf and two apple rings on each chop, sprinkle with paprika, cover pan, and cook slowly over low heat for 20 minutes or until meat is very tender. Remove chops from pan and keep them warm.

Turn up heat under the pan and add the cream, stirring constantly to scrape up and dissolve pan juices. Boil and stir until liquid in the pan is reduced by about one half.
Place chops on warmed plates and spoon the cream sauce over them. Enjoy.



“Save-Easy...to me, that name says it all.
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And with 65 Maritime locations to choose from, it's so easy to make Save-Easy your first choice.”



1st save-easy for Food!

What, you haven't discovered the difference with fresh Maritime pork?

When pork was first served in Canada, about 280 years ago, it wasn't the kind of pork you can enjoy today.

Even your grandmother would see that the fresh Maritime pork you serve your family is different from the pork that she served hers.

Today's fresh Maritime pork is lean. Lean pork is what consumers asked for. Lean pork is what you can buy today. And none better than fresh pork raised right here.

While pork has lost much of its fat, it hasn't lost its famed tenderness, flavor versatility, and value. (Not to mention the nutritional qualities.)

Good for you

Pork not only tastes good, but it can make an impressive contribution to your daily nutritional requirements. It is recognized as a good source of high-quality protein, with all the essential amino acids necessary to build, maintain, and repair body tissues and to increase your body's resistance to infection and disease.

Pork is an excellent source of Vitamin A, and of the B vitamins riboflavin, thiamine, and niacin.

Pork is also a good source of iron and phosphorous. In fact, pork liver supplies almost three times as much iron in available form as any other food source.

Pork does supply some fat, essential to every diet. Fat is a concentrated source of energy, and a carrier of vitamins A, D, E, and K. One serving of pork can provide half of the recommended daily intake of linoleic acid, an essential fatty acid that cannot be manufactured by the body.

No doubt about it, pork is good for you. But, being human, we must have other reasons for making pork a regular item on the menu.

Young and tender

Pork comes from young animals, about five to six months old, so it's naturally tender. So you don't have to hang it or age pork to improve tenderness.

Quality pork is firm and fine-grained, and showing a slight marbling. Bones are porous and slightly pink, the outer fat covering is firm and white. Fresh pork ranges in color from a light greyish pink, to dark pink in shoulder and leg cuts.

Cutting food costs

Generally speaking, pork is one of your more economical meat buys. You can buy it in a wide variety of cuts — chops, hocks, all kinds of roasts, necks, tails, hearts, and liver.

It is even more economical to buy a large piece and divide it into meal-size portions, freezing the portions you are not going to use immediately. (Remember, fresh pork like all meats is very perishable and should be stored in the coldest part of the refrigerator as soon as possible after purchase.)

Here's one idea that gives you three different meals from one cut of fresh pork.

A pork shoulder butt has one bone which extends only part way through the piece. When you divide the butt into two pieces, using a sharp knife, the piece with the bone is your smaller one-meal roast. The remaining piece is solid meat, from which you can cut boneless chops about 1 to 2cm (1/2 - 1 inch) thick. The smaller end of the boneless piece can be cubed and used in all kinds of meat-stretching dishes, stews and casseroles.



Know your butcher

It is always a good idea to find a good butcher and make him/her a friend.

A good butcher will not only give you the quality you are looking for, but the butcher will help you become more knowledgeable about the various cuts. While this is obviously to your advantage, it also helps make the butcher's life a little easier.

There are about 30 retail cuts of pork available and you could be missing out on some delectable dishes if you restrict your pork buying to the ever-popular chops and roasts.

Try the recipes in this little supplement, you are sure to find some new family favorites.

We wish to thank the Canadian Pork Council and the Maritime Pork Producers for their help in the preparation of this recipe supplement.

Appetizers

Bitterballen

Adapted from a traditional Dutch recipe, this version of Bitterballen combines the browned taste and crumbly texture of ground pork with the pungent flavor and creaminess of cheese.

0.75 kg ground pork 1 1/2 lb
25 mL butter 2 tbsp
15 mL finely chopped onion 1 tbsp
50 mL all-purpose flour 1/4 c
250 mL pork or chicken stock 1 c
5 mL salt 1 tsp
1 mL dry mustard 1/4 tsp
5 mL Worcestershire sauce 1 tsp
250 mL shredded Gouda or mild cheddar cheese 1 c
250 mL fine dry bread crumbs 1 c
2 eggs
25 mL water 2 tbsp
Oil or lard for deep frying
Hot Dutch mustard

Brown pork lightly in frypan. Melt butter in saucepan, sauté onion 2 to 3 min until it becomes transparent. Blend in flour until smooth. Gradually add stock. Heat, stirring continuously, until thickened. Add salt, mustard, Worcestershire sauce, pork, and shredded cheese. Simmer 5 min. Cool mixture for 3 to 4 h (place in shallow pan in refrigerator). Shape 5 mL (teaspoons) of chilled mixture into bite-size balls. Roll these balls in crumbs, dip each in eggs with water; then in crumbs again (for freezing use coats of crumbs). Place on shallow pan to dry and refrigerate 1 h. Heat deep fat to 190°C (375°F). Fry balls a few at a time about 4 min until golden brown. Drain on absorbent paper and serve hot on cocktail picks. Have hot Dutch mustard ready for dipping.

Makes 3 dozen.

Water Chestnut Surprises

These are meatballs made with economical ground pork. The surprise for your guests is the crunchy water chestnut in the middle.

0.25 kg ground pork 1/2 lb
1 mL oregano 1/4 tsp
1 mL parsley 1/4 tsp
1 mL chili powder 1/4 tsp
5 mL milk 1 tsp
1 mL soy sauce 1/4 tsp
8 water chestnuts, cut in half
15 mL oil 1 tbsp

Combine ground pork, oregano, parsley, chili powder, milk, and soy sauce. Work pork mixture around a water chestnut half so that the water chestnut is in the middle of the ground pork mixture. Brown on all sides in oil in frypan. Makes approximately 15 appetizers.

Liver Sizzler

Kids love these perfect finger foods dipped in tasty sauces.

0.5 kg pork liver 1 lb
175 mL all-purpose flour 3/4 c

1 egg
5 mL water 1 tsp
175 mL dry bread crumbs $\frac{3}{4}$ c
5 mL seasoned salt 1 tsp
2 mL oregano $\frac{1}{2}$ tsp
1 mL freshly ground pepper $\frac{1}{4}$ tsp
Oil for shallow frying

Pat liver dry. Cut into strips about 2 cm (1 inch) wide. Dredge strips with flour. Beat egg and water together with fork. Mix together crumbs, seasoned salt, oregano, and pepper. Dip liver strips into egg wash then coat with bread crumbs. Allow to dry on rack or on waxed paper for 10 min. Pour oil into electric frypan to a depth of 3 to 4 cm ($1\frac{1}{2}$ to 2 inches). Heat to 190°C (375°F). (A deep-fat fryer can also be used.) Fry liver strips in hot oil 4 to 6 min until liver is done and crumb coating is golden brown. Serve with Mustard Mayonnaise, chili sauce, or chutney. Makes 8 appetizer servings.

To make Mustard Mayonnaise, thoroughly mix 125 mL ($\frac{1}{2}$ c) mayonnaise with 10 mL (2 tsp) hot prepared mustard.

Soups

Italian Soup

A meaty, nutritious homemade soup that you can make in half an hour.
0.5 kg ground pork 1 lb

1 medium onion, coarsely chopped
1 medium green pepper, chopped
250 mL diagonally sliced celery 1 c
1 mL pepper $\frac{1}{4}$ tsp
1 mL oregano $\frac{1}{4}$ tsp
3 chicken bouillon cubes
1 L boiling water 4 c
213 mL can tomato sauce $7\frac{1}{2}$ oz
15 mL soy sauce 1 tbsp

Brown ground pork in frypan. Add onion, green pepper, and celery; stir-fry 5 min. Add pepper, oregano, bouillon cubes, water, tomato sauce, and soy sauce. Cover and simmer 15 min. Makes 4 to 6 servings.

Salt Pork and Vegetable Soup

Salt pork adds a delicious flavor to many dishes. You probably are familiar with it in baked beans and with salt cod. Now try using it to flavor this delightful soup.

25 mL butter 2 tbsp
0.25 kg salt pork, diced $\frac{1}{2}$ lb
2 mL thyme $\frac{1}{2}$ tsp
2 mL parsley $\frac{1}{2}$ tsp
1 mL oregano $\frac{1}{4}$ tsp
2 tomatoes, peeled and diced
1 small onion, chopped
2 carrots, peeled and diced
2 celery stalks, diced
1 L water 4 c
4 slices French bread, cubed
125 mL whipping cream $\frac{1}{2}$ c
Salt and pepper

In Dutch oven melt 15 mL (1 tbsp) butter and sauté the diced salt pork until

translucent. Add thyme, parsley, oregano, tomatoes, onion, carrots, celery, and water. Bring to boil, reduce heat and simmer, covered, until vegetables are tender.

In a frypan, melt remaining butter and sauté the bread cubes until golden brown on all sides. Stir cream into soup. Season with salt and pepper. Add croutons. Makes 4 to 6 servings.

Pork Hot Pot

The gang will find this meal-in-a-pot warm and wonderful after a day in the great outdoors — any season.

500 g dry white beans 1 lb
1 kg fresh pork shoulder, leg, or loin, in 1 piece 2 lb
1 leftover ham bone with meat clinging to it, or 1 kg (2 lb) piece of smoked pork shoulder
3 medium onions, chopped
3 medium carrots, chopped
2 stalks celery, chopped
2 cloves garlic, finely chopped
10 mL salt 2 tsp
5 mL freshly ground pepper 1 tsp
125 mL dry white wine $\frac{1}{2}$ c

Garnishes

250 mL finely chopped celery 1 c
250 mL chopped green pepper 1 c
250 mL chopped tomato 1 c
250 mL sour cream 1 c
250 mL chopped cooked ham 1 c
250 mL thinly sliced cooked sausage 1 c

Rinse beans well, cover with cold water, bring to rapid boil for 2 min then let stand 1 h in cooking water. Drain beans and put into large saucepan. Cover with 2 L (8 c) water. Add chunk of fresh pork, ham bone or smoked shoulder, onion, carrots, celery, garlic, salt, and pepper. Bring to boil, cover, and simmer 3 to 4 h until beans are tender.

Remove pieces of pork, cut into bite-size pieces, and return to soup. Remove ham bone, cut ham meat into bite-size pieces, and return to soup. Cool, cover, and refrigerate 1 to 3 days, or freeze for up to 1 month.

To serve: Heat soup to piping hot, stir in wine, and season with additional salt, if necessary. Serve in soup tureens or bowls. Pass a selection of garnishes in small bowls and have diners sprinkle their choice over bowls of hot soup. Makes 12 servings.

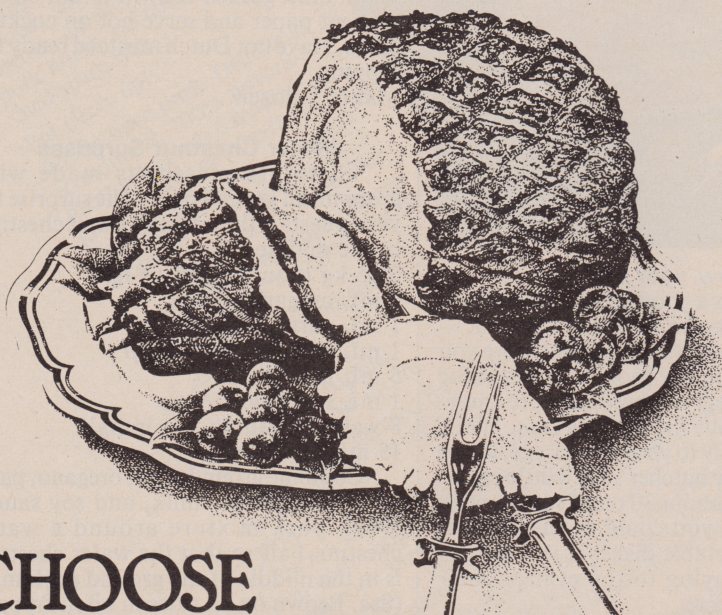
Snacks

Applesauce Burgers

Pork and applesauce, traditional favorites, combined in a new way.

0.5 kg ground pork 1 lb
125 mL unsweetened applesauce $\frac{1}{2}$ c
1 egg, beaten
5 mL minced onion 1 tsp
5 mL parsley flakes 1 tsp
Salt and pepper to taste
Toasted hamburger buns
Mayonnaise

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CHOOSE MARITIME PORK



Marketing Branch
N.B. Department of Agriculture and Rural Development

Tomato slices
Shredded lettuce

Combine ground pork, applesauce, egg, onion, parsley flakes, salt, and pepper in mixing bowl. Toss lightly to mix. Divide mixture into burgers. Bake in 180°C (350°F) oven for 30 min or until burgers are cooked. Place burgers on toasted hamburger buns that have been spread with mayonnaise. Add tomato slices and shredded lettuce.
Makes 3 to 4 servings.

Pattie in a Pocket

Pocket bread, known as pita, is a standard staple through the Middle East. Filled with pork it makes a splendid sandwich.

1 kg ground pork 2 lb
50 mL water 1/4 c
7 mL seasoned salt 1 1/2 tsp
5 mL mace 1 tsp
5 mL powdered ginger 1 tsp
1 mL pepper 1/4 tsp
4 pita bread, 15 cm (7 inches) in diameter

Mix ground pork, water, seasoned salt, mace, ginger, and pepper until well combined. Form into 8 thin oval patties. Fry on well-seasoned grill or in nonstick frypan 3 to 4 min on each side until lightly browned. Cut pita bread in half crosswise. Fill pockets with patties being careful not to tear bread.

Serve with combinations of any of the following:

Chopped lettuce
Chopped onion
Chopped celery
Sliced mushrooms
Thinly sliced or chopped tomatoes
Alfalfa sprouts
Cole slaw
Green pickle relish
Catsup
Hot sauce
Applesauce Mayonnaise
Makes 8 pocket sandwiches.

Applesauce Mayonnaise: Mix together 250 mL (1 c) applesauce, 250 mL (1 c) mayonnaise, and 5 to 10 mL (1 to 2 tsp) horseradish, to taste.
Makes 500 mL (2 c).

Main courses

Pork Pasta Sauce

50 mL butter 1/4 c
1 large onion, finely chopped
1 medium carrot, finely chopped
2 stalks celery, finely chopped
2 cloves garlic, finely chopped
0.75 kg ground pork 1 1/2 lb
5 mL basil 1 tsp
5 mL sage 1 tsp
5 mL oregano 1 tsp
5 mL thyme 1 tsp
2 mL pepper 1/2 tsp
1 mL nutmeg 1/4 tsp
250 mL dry white wine 1 c
1 chicken bouillon cube
398 mL can tomato sauce 14 oz
50 mL tomato paste 1/4 c

5 mL salt 1 tsp

Melt 25 mL (2 tbsp) butter in frypan. Sauté chopped onion, carrot, celery, and garlic until onion is transparent. Mix together ground pork, basil, sage, oregano, thyme, pepper, and nutmeg. Melt 25 mL (2 tbsp) butter in large saucepan. Add meat mixture. Brown well, stirring occasionally to break up meat. Stir in vegetable mixture, white wine, bouillon cube, tomato sauce, and tomato paste. Cover pan; simmer 1 h, stirring occasionally until slightly thickened. Season with salt and more pepper, if desired. (If sauce becomes too thick, thin it with a little stock.) Serve over spaghetti, lasagna, ravioli, canelloni, gnocchi, rigatoni, or any other pasta you prefer.

Makes about 1 L (4 c).



Deluxe Lasagna

Use penny-wise ground pork for the ultimate in tasty meatballs or spicy meat sauce. Appetizing, economical, and satisfying meals result when they are teamed up with pasta.

250 g lasagna noodles 1/2 lb
1 batch pork pasta sauce (recipe above)
6 slices Mozzarella cheese
500 mL cottage cheese, drained thoroughly 2 c
1 egg
2 340 g (12 oz) pkgs fresh or frozen spinach, chopped, cooked, and very well drained
50 mL grated Parmesan cheese 1/4 c
5 slices bacon, crisply cooked and crumbled

Boil lasagna noodles in salt water until almost tender; drain and rinse. Spread one-quarter of pork pasta sauce in 2.5 L (2 1/2 qt) baking or lasagna dish. Top with one-third of Mozzarella slices cut in strips and half of lasagna noodles. Mix cottage cheese and egg; spread one-third over lasagna noodles. Top with one-third of spinach. Repeat layers two more times ending with a layer of pork pasta sauce. Sprinkle with grated Parmesan cheese and crumbled crisp bacon. Bake in 180°C (350°F) oven 30 min or until bubbly and heated through. Stand 10 min before serving. Cut into squares to serve or spoon out servings.

Makes 6 to 8 servings.

To freeze, prepare as above, but do not bake. Cover well, wrap, and seal with freezer tape. To use, thaw in refrigerator, remove wrapping and cover, then bake as directed.

Pork Stew

Sometimes called triple pork stew because it features fresh pork, ham, and bacon, this dish is very versatile. Serve with potatoes or rice, or as a pot pie with pastry. It is a good buffet dish, too.

6 slices bacon, diced
500 mL sliced onion 2 c
1 kg pork, cut into 2 cm (1 inch) pieces 2 lb
125 mL all-purpose flour 1/2 c
250 mL cooked ham, cut into 2 cm (1 inch) pieces 1 c
1 L beef stock (use bouillon cubes, canned, or homemade) 4 c
125 mL sherry (optional)
50 mL tomato paste 1/4 c
50 mL parsley 1/4 c
5 mL cinnamon 1 tsp
5 mL salt 1 tsp
5 mL pepper 1 tsp
25 mL all-purpose flour 2 tbsp
25 mL water 2 tbsp
284 mL can mushrooms 10 oz

Sauté bacon and onion in Dutch oven until onion is transparent. Dredge pork cubes in flour, add to onions and bacon, brown thoroughly. Pour off drippings. Add cooked ham, beef stock, sherry, tomato paste, parsley, cinnamon, salt, and pepper. Simmer uncovered for 1 h. Blend flour with water. Add to meat mixture and continue to simmer 1 h 30 min. Add mushrooms and simmer 15 min.
Makes 8 servings.

Slimmer's Creamy Tenderloin

This recipe looks and tastes like it's calorie-laden in a rich sauce — instead you'll find it light in calories but super delicious — a real treat for dieters.

12 slices pork tenderloin, 2 cm (1 inch) thick
50 mL butter 1/4 c
Salt and pepper to taste
1 onion, finely chopped
250 mL plain yoghurt 1 c
125 mL white wine 1/2 c
Pinch paprika

Brown pork in butter in heavy frypan. Season with salt and pepper; remove to baking dish. Sauté onion in same frypan. Add yoghurt and blend in wine; pour over pork; sprinkle with paprika. Bake, uncovered, at 180°C (350°F) for about 50 min or until pork is no longer pink.
Makes 4 to 6 servings.

Pork Pointer

Do you want built-in conveniences when buying meat or are you willing to spend time developing palatability? Think about this the next time you are shopping. If you want the most meat for your money, don't always buy the most popular cut such as center loin pork chops. They're more expensive. Buy shoulder chops and spend time and imagination in creating a really tasty dish.

Pork and Potato Scallop

Besides being nutritious, pork is exceptionally versatile. Put-together dishes like this are proof of the promise. For family fare it's sure to be a favorite.

15 mL pork drippings or vegetable oil
1 *tbsp*

6 pork shoulder butt chops 2 cm (1 inch) thick

1 L thinly sliced raw potatoes 4 *c*

1 medium onion, thinly sliced

25 mL all-purpose flour 2 *tbsp*

Salt and freshly ground pepper

375 mL hot milk 1 1/2 *c*

Heat drippings in frypan, brown chops. Place layer of potatoes and onion slices in 2 L (2 qt) shallow casserole or baking dish. Sprinkle with some of the flour, salt, and pepper. Repeat, ending with layer of potatoes. Pour over enough hot milk to almost cover potatoes. Arrange chops on top of potatoes. Bake, covered, in 160°C (325°F) oven for 45 min. Uncover and bake 15 min longer until potatoes are done.

Makes 6 servings.

Pork Birds

Economical shoulder chops become company fare in this dish.

6 boneless pork shoulder chops, 2 cm (1 inch) thick

Salt and freshly ground pepper

Marjoram or sage

String

Pork Pointer

Get to know your butcher. Choose a time when he is not too busy to discuss your family requirements and also to learn about cuts of pork which are unfamiliar to you. If you don't know then ask him about Butterfly Chops, Crown Roast of Pork, Boneless Loin, Country-style Ribs, Frenched Chops, or Boned Leg of Pork. He might even tell you his favorite pork recipe.

Stuffing

375 mL dry bread crumbs 1 1/2 *c*

125 mL finely chopped celery 1/2 *c*

50 mL finely chopped onion 1/4 *c*

1 egg, well beaten

2 mL salt 1/2 *tsp*

Milk

250 mL pork or chicken stock, or tomato juice 1 *c*

Flatten chops with cleaver or edge of heavy saucer to make them paper thin. Sprinkle lightly with salt, pepper, and marjoram or sage. Combine bread crumbs, celery, onion, egg, and salt. Add a little milk to hold stuffing together, if necessary. Place a portion of stuffing on each chop. Roll up and tie with string. Roll in flour and brown lightly in small amount of fat in Dutch oven or saucepan. Add stock or tomato juice. Cover and simmer about 1 h 15 min until tender. These may also be cooked in covered casserole in 160°C (325°F) oven.
Makes 6 servings.

Apple-Pork Pot Roast

Pot roasting is a form of braising using liquid and usually adding vegetables. It is often used for shoulder cuts, which are slightly less tender than loin cuts of pork.

1.5-2 kg pork shoulder roast 3-4 *lb*

1 clove garlic, slivered

Salt

Freshly ground pepper

2 medium onions, quartered

125 mL apple juice 1/2 *c*

6 medium potatoes, peeled and quartered

6 carrots, sliced and quartered

1 small turnip, peeled and cut into wedges

15 mL all-purpose flour (optional) 1 *tbsp*

Make several slits in pork and insert slivers of garlic. Brown pork on all sides in heavy pot. Sprinkle with salt and pepper. Add onion and apple juice. Cover and cook slowly in 160°C (325°F) oven about 1 h 30 min until pork is almost tender, adding more juice if needed. Add potatoes, carrots, and turnip; cover and cook about 30 min until pork and vegetables are tender. Thicken gravy with flour blended with a little apple juice or water, if desired.

Makes 6 servings.

Pork Schnitzel

You may never have thought about replacing the veal of a recipe with pork. It works beautifully because pork is so tender. Try it in Schnitzel, Veal Scallopini, and Veal Parmigiano.

4 slices boneless leg of pork or 4 butterfly

or shoulder chops 1 cm (1/2 inch) thick

125 mL all-purpose flour 1/2 *c*

1 egg, slightly beaten

15 mL water 1 *tbsp*

375 mL dry bread crumbs 1 1/2 *c*

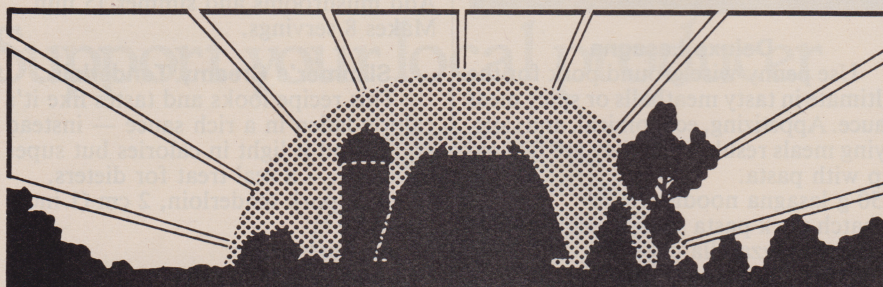
2 mL salt 1/2 *tsp*

Freshly ground pepper

125 mL butter 1/2 *c*

Hard-cooked eggs, lemon, and capers (optional)

Pound each slice of pork until thin. Dredge thoroughly in flour. Beat egg with the water; dip the floured pork slices in egg mixture then coat with crumbs seasoned with salt and pepper. Place pork on wire rack; refrigerate 1 h to dry. Heat butter in large frypan; sauté pork slices about 3 to 4 min on each side until golden brown. Arrange on heated serving platter. Garnish with hard-cooked egg slices, lemon wedges, and capers, if desired.
Makes 4 servings.



AGRICULTURE

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To learn more about Nova Scotia agriculture and its importance to the economy of Nova Scotia, contact your local N.S. Dept. of Agriculture and Marketing office.


Nova Scotia



Department of
Agriculture and Marketing

Hon. Roger Bacon, Minister
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This food section is a promotional supplement to the March, 1985 edition of *Atlantic Insight*.
Editor: Gordon Thomason. **Art Director:** Bill Richardson. **Publisher:** Jack M. Daley, *Atlantic Insight* is published by Northeast Publishing Limited. Address: 1668 Barrington Street, Halifax, N.S. B3J 2A2. Second Class Postal Permit No. 4683, ISSN 0709-5400. Indexed in *Canadian Periodical Index*. Contents copyright ©1985 by Northeast Publishing Limited may not be reprinted without permission. PRINTED IN CANADA.



SAUCY BARBECUE CHOPS

TASTE THE DIFFERENCE WITH MARITIME PORK

Fresh Maritime pork is available year 'round, a welcome and hearty foundation for many great meals.

Today pork is leaner, more flavourful, and recognized as an excellent source of protein.

The Pork Shoulder Butt offers succulent, inexpensive roasts and chops, and it's the chops that are featured in this very satisfying recipe. Probably the best way to get butt chops is to buy a butt roast, and slice off the chops from the large end of the boneless piece.

By the way, the barbecue in the name refers to the sauce, not the method of cooking. But what a tasty dish it is!

SAUCY BARBECUE CHOPS

The idea of buying a pork butt roast and slicing off the chops is just one hint from "Bon Appétit with Pork", which also has 20 recipes and lots of other good ideas. Send for your free copy, today. Make a meal with Maritime pork, very soon!

SAUCY BARBECUE BUTT CHOPS

4(4) butt chops 2 cm ($\frac{3}{4}$ ") thick.
15 ml (1 tbsp) butter.
1(1) medium onion, chopped.
125 ml ($\frac{1}{2}$ cup) medium green pepper, chopped.
125 ml ($\frac{1}{2}$ cup) celery, chopped.
125 ml ($\frac{1}{2}$ cup) mushrooms, chopped.
375 ml (1 $\frac{1}{2}$ cup) barbecue sauce.
250 ml (1 cup) beer or broth.
15 ml (1 tbsp) cornstarch.
50 ml ($\frac{1}{4}$ cup) cold water.
Melt butter in frypan. Add

onion, green pepper, celery and mushrooms. Sauté until tender. Blend in beer and barbecue sauce. Mix cornstarch and cold water together; and slowly combine with the barbecue sauce mixture.

Arrange butt chops in large 2 L (2 Qt) baking dish and pour the barbecue sauce mixture over the chops. Bake in 160°C (325°F) oven for approximately 1 hour or until meat is no longer pink. Makes 4 servings. Serve with: baked potatoes, broccoli.

Maritime Pork Producers
P.O. Box 1341, Truro, Nova Scotia B2N 5N2
I'd like to make a meal of fresh Maritime pork.
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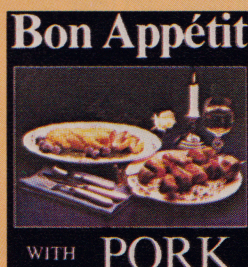
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Good taste runs in the family.

Some things stay in the family, like the tradition of serving SCOTIAN GOLD applesauce whenever it's pork for dinner.

That's just one of the reasons SCOTIAN GOLD is a familiar friend. Week in, week out.

And just one of those touches that makes it nice to be home.



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